



Empire State Trail

Connecting New York's extraordinary experiences, people, and places.

Amsterdam to Schenectady

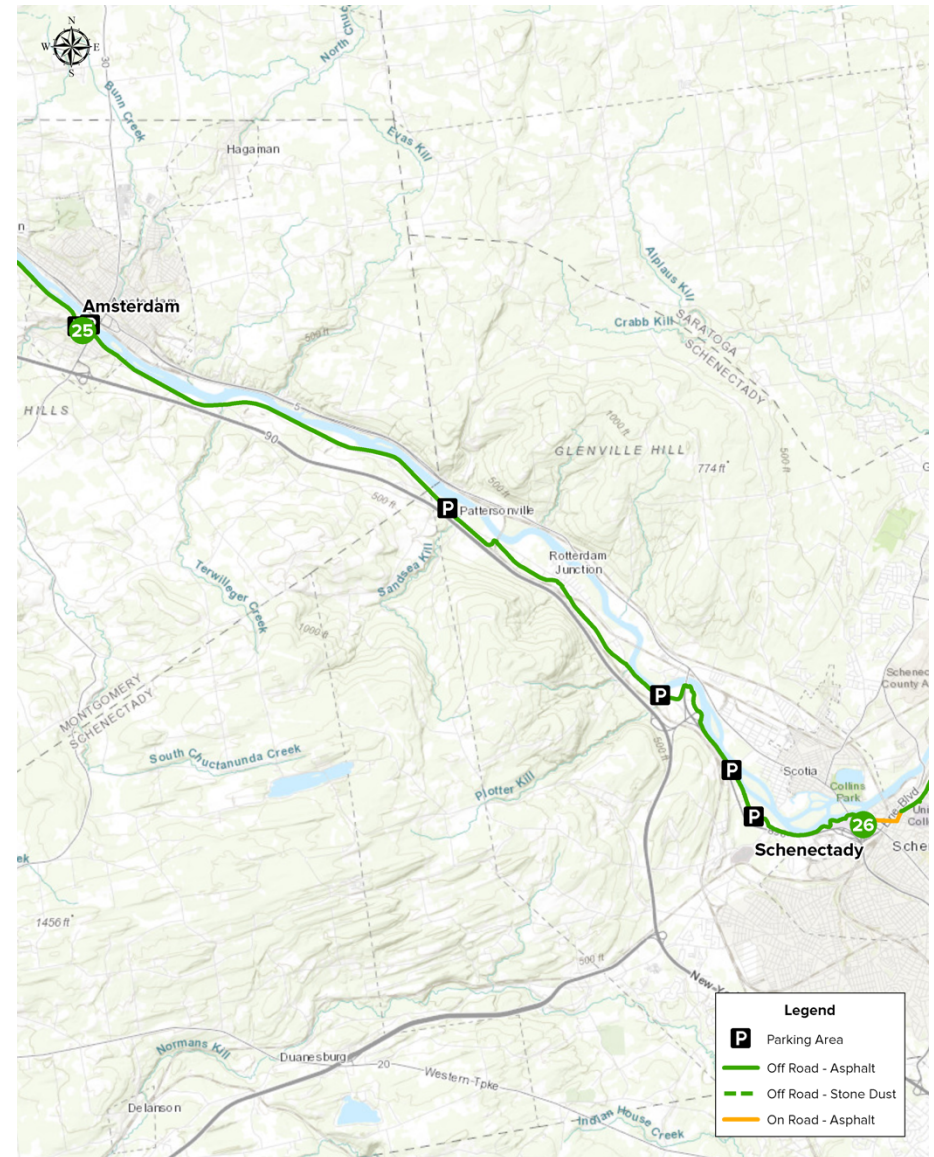
Step-by-step bicycle directions to follow for this segment of the Empire State Trail.

Start 25 **Amsterdam**

Turn	Notes	Distance
↗	Head southeast on Mohawk-Hudson Bike-Hike Trail/Mohawk Hudson Bikeway	16.61 mi

End 26 **Schenectady**

Eastbound along Erie Canal Trail



Disclaimer: Trail users may encounter temporary or permanent changes to the trail route as described in this cue sheet. Trail users must exercise discretion at all times to assure personal safety, including staying alert for movements by vehicles and other trail users, as well as possible modifications to the trail route.